



**MedPoint Clinics by Premise Health and RC Smart Steps proudly present**  
**"Touchdown for True Wellness:**  
**a 6 week Team Wellness Challenge**  
**encouraging you to tackle unhealthy habits and**  
**get in the game!**

**WHEN:**  
**8/24/15-10/2/15**

**CELEBRATE YOUR SUCCESS:**  
**Start Fall Break off right at MTSU's**  
**Homecoming Game - Tailgate with your**  
**teammates. Family friendly atmosphere**  
**with food and games 3:00-5:00 p.m.**



Powered by:  
Premise Health.



## **REGISTER:**

**175 RCG employees will**  
**receive free t-shirt,**  
**2 MTSU vs. Vandy football**  
**tickets and 2 meal**  
**tickets for the tailgate**  
**party.**

**6 week challenge**  
**registration- email:**  
**Patricia.Cox@**  
**PremiseHealth.com**  
**or call 615-904-6769**  
**by 8/14/15.**

**Pick up your packet at RC**  
**Smart Steps tent on**  
**8/20/2015 at the Blue**  
**Raider Pep Rally on the**  
**Square @ 5:00 p.m.**

## **WIN:**

**RCG's winning team will**  
**run onto the field with MT**  
**Blue Raiders to take on**  
**Vanderbilt Commodores**  
**on 10/3/15 at 6:00 p.m.**

